Saving Money in the Home Little Tricks For Women in Household Economics

By ELIZABETH LATTIMER.

CAVING on the gas bill is an actual necessity these days, and in addition to using a fireless cooker, cooking in the oven may be said to be one of the very best methods of saving gas.
If you do not want to buy a fireless cooker, you can make one

yourself for the small sum of 25

A tin lard pail, which was lined with two thicknesses of paper before packing, is used for the outsile container of the cooker. A gallon oyster can, in which three inches of packing are allowed on all sides and at the bottom, is used as the nest. A piece of asbestos is wrapped around the outside of the nest and another piece put under the bottom to prevent the scorching of the packing when hot soapstones are used. Shredded newspaper and excelsior are packed tightly around and to the top of the nest, which is about three inches below the rim of the outside pail. A circular piece of cardboard, made to fit inside the lard can, hides the packing and makes a neat finish. Pressure is caused by placing an excelsior cushion three inches thick on the top of the inside lid, and hooking down firmly the top of the outside container. Last,

Here's What You Can Do With Fireless Cooker.

Here is what one woman has to my about the use of a fireless cooker:

the two pails are enameled white.

When I first used my fireless cooker.

When I first used my fireless cooker. I was keenly disappointed in the saving of time, labor and gas. Then I found it was because I had cooked only one food at a time, whereas, to get the best results, several foods should be cooked at the same time.

Foods cooked in the "fireless" way require about one-third longer for cooking than if placed directly over the gas. On this basis I made out a list of foods and the time fequired for their cooking. By using dishes which fit properly into the cooker, two or three foods may be cooked at one time. Baking and belling can easily be done in this manner since the vessel containing the food to be belied can be placed on the top radiator, which is always used for baking or roasting. Cereals I cook overnight, often putting them into the cooker just after the dinner is removed, as the stones are partially heated at that time.

often putting them into the cooker just after the dinner is removed, as the stones are partially heated at that time.

One Hour—Celery soup, round steak with vegetables, bread pudding; baked set, baked potatoes, young beets, steamed pudding (partly cooked on gas); salmon loat, creamed potatoes, spinach; rice and tomato soup, Irish stew, bread pudding; corn soup, veal and rice, cauliflower.

Two Hours—Pet soup, fried chicken, sweet potatoes, tapioca custard; meat loaf, tomatoes with onions, potatoes, fruit pudding; lamb chops, parsnips, baked apples; pork tenderloins, rice, baked squash, apple sauce; boiled salmon, beets, rhubarb.

cets, rhubarb.

Three Hours Leg of lamb, macaroni, calloped potatoes; beef stew, string ceans, brown Betty; veal with spaghetti,

baked apples.
Four Hours—Pea Soup, boiled dinner,
mee pudding.
Six Hours—Chicken stew, dried fruit.
Seven Hours—Lentil soup, corned beef, Here's How To Cook

While basting some meat the water coiling in the roasting pan gave me an

By Ann Lisle.

dicate, Inc.)

T T had been 31 at 10 as Jim had

Dick West had charged Terry until

bothering me. It was suspicion-

suspicion born of my instinctive dis-

like of Dick West, my resenting

of his treatment of Phoebe, my

aversion for his sharp, close set

Had Dick West bought Terry's stock at 10 o'clock, paying 31 to

other brokers and charging Terry

34? That meant \$300 profit made

by cheating Terry. Had my hus-

band's partner stooped to that? And

what would become of that money?

Would it go down to the credit of

Harrison West while Terry, who

trusted Jim absolutely, lost his \$500,

so that the firm could make such a

The room seemed to rock under

CHAPTER CCXVI.

lady," said Lane Cosby, waving a

Shouldn't take flyers in stock when

hubby is away. But if you must

invest, do it with him instead of

running out to some broker you

Val. I know her ring. I'll keep

your secret from her, never fear.

I know how you girls are about

telling each other of your invest-

ments. You just stay to dinner

with us and we'll cheer you up.

Yes, you're going to stay. Sh! Not

another word. I'm running this

He was running it, too. For, after

he had hugged his languid Val and

had kissed the cheek she held up to

him, he announced to her that I

was being nice and neighborly, and

had run in to have dinner with

them since my lord and master was

he?" said Val, with some show of interest. "We might go to the

theater and leave word for him to

After I suggested that Jim would

be much too tired to go out, Val

favored me with a slow smile and

made no further show of anima-

tion, even when I protested I

couldn't stay to dinner. I stayed

though-Lane Cosby saw to that

and in bending my will to his, he

gave me a glimpse of his slow te-

A Stubbern Man.

bornness with me to my apartment

when I went back to await Jim's

coming. At last Jim arrived look-

ing tired and gaunt. The muscles

at the corners of his lips and

across his jaws kept twitching. I

knew he wanted to tumble right

into bed, but I had to tell him of

my worry over Terry's investment.
"Nonsense, nonsense, Anne!" he
eried, irritably. "Of course, West
didn't sell him out. If he bought

at \$4 and the stock declined to 29,

a five-point margin was wiped out.

But West took care of that, I

"But did be take care of Terry?"

I carried the memory of his stub-

"Jim gets back tonight, doesn't

"Not another word. Here comes

large forefinger at me waggishly.

You're nervous as a cat, little

my feet.

don't trust."

Suddenly I knew what had been

said; 31 1/2 at 11; 32 at 12. And

it hadn't reached 34-the price

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pan it should also boil in another. To prove the fact I filled a saucepan with cold water, put it in the oven to heat, and the water boiled. From that day, three monhs ago, I have cooked nearly all my dinners in the oven. I selected pans that would take up as little oven

pans and would take up as little oven space as possible and covered them with close-fitting galvanized lids—tin ones will rust. For roasts I use an oblong or oval, straight-sided pan.

I prepare the foods as usual and allow the same amount of time for cooking them. I add sait to the vegetables, put them. I add sait to the vegetables, put
them in boiling water and cover the pan
so the water cannot evaporate and fill
the oven with steam. When the water
on the vegetables boils steadily I lower
the gas. Foods that require a long time
for cooking I put at the back of the
oven out of the way. In roasting meat
I sear it, cover it with another pan and
lower it to the floor of the oven.
Sunday I cooked the following menu— Sunday I cooked the following menu-

Sunday I cooked the tollow all in my oven:
Roast Chicken, Giblet Sauce.
String Beans Browned Potatoes
Buttered Beets Muffins
Baked Apples

Baked Apples
Cup Cakes
The giblets for the chicken gravy, the
string beans, beets and potatoes I boiled
on the upper shelf. Later I browned the
potatoes in the roasting pan. On the
lower rack I cooked the apples; later I
lowered the heat and baked the muffins
and cup cakes. The chicken I kept in
the roasting pan on the floor of the oven.
The advantages of oven cooking are
many. Two burners can be made to do
the work of six, at an average cost of 5
cents an hour, and, except when baking
bread or cakes, you may leave your
cooking for nearly an hour at a time,
saving energy for other things.

Remember This If You Cannot Heat Your House.

Radiators finished either with ordinary or enameled paint give off more heat than those finished with aluminum or copper bronze.

See that all joints in hot air pipes are tight-holes act like check dampers. Keep the water container in the jacket filled.

Home-Made Cider Vinegar Cuts H. C. of L.

DEAR ELIZABETH LATTIMER:

DEAR ELIZABETH LATTIMER:
In canning one bushel of apples I saved all parings and cores to make jelly, but could not get sugar, so washed and put them in a large stone jar, covering them with warm water and let stand for ten days in a warm place until sour. I strained this and added one pound of sugar and poured in one-half-gallon glass jars, which I left open until it stopped fermenting. I had about two gallons of strong cider vinegar, which I used for pickling and for table use. Last year I paid 75 cents a gallon for cider vinegar, so I saved \$1.50.

MRS. A. M. ENGELS,
3626 New Hampshire avenue N. W.

His Mistakes.

Weary and worn and sad, the young man, who was prematurely gray, crawled into the registrar's office.

"Are you quite sure," he asked desperately, "that that was a marraige license you gave me three months ago, and not a dog's li-

"Quite-quite! Of course!" said the registrar shaply. "Why do you "Because I've led a dog's life

Love and Intrigue Mingle ever since!" said the weary one, as in the Story of Karl Muck When a Girl Marries Deported Orchestra Leader An Interesting Romance of a Young Married Couple.

By FERI FELIX WEISS, (U. S. Secret Service Agent.)

I persisted. "I looked it up in Lee Cosby's financial paper, and the stock opened at 31 yesterday and didn't get to 34 till 1 o'clock. So if Dick West charged Terry 34, he just put the \$300 difference in his pocket. I wouldn't put it past daughter is out horseback-riding, him to do such a thing. I've never she may return any minute."

"No. you never have!" Jim retortroom an unpleasant thought entered my mind. Is it possible that our "I'd like you to protect Terry!" I decision to conduct such a search cried. "There's something fishy to her room has already been comabout all this. And if you want municated to her or to Dr. Muck Betty to get her trip"through one of the German sym-"If I want?" interrupted Jim furipathizers in the department and the ously. "Now listen, to me, Anne. incriminating correspondence in her You act as if you thought West and possession destroyed? We learned I were hauling down \$300 on old afterward that either Miss Marvin Terry and dividing the spoils. I'd had destroyed some of Muck's most like to call your attention to the incriminating letters, or, she had fact that we're business men, not not, but wrote and told him that thieves. But if ever I did take to she had. For the following letter making a dishonest living, by heck, explains that she had told Dr. Muck I'd rob a bank-not pick pockets. that she had made a bonfire of his Now if you'll kindly permit me to letters. It reads:

run my own affairs, I'd like to turn New York, N. Y., Mar. 15, in and get a night's rest" 6 p. m.-1918. An Invitation. Grand Central Station. Having thus politely told me to Miss Adele Marvin, Boston, Mass.

My Darling:

have happened.

ing from

Good-by darling!

The bonfire you started with my

letters-yes, it was surely a hard

step for you; just as it was a hard

thought for me, the moment, I

the best. With the present beast-

like hysteria, a search at the

homes of all the people I know

personally is not out of the ques-

tion, once the "hunt-down" party

gets the upper-hand. And thus it

was the best. How lucky that you

did not lose your presence of mind

when your hair caught fire! It is

hardly conceivable what might

Take a heartiest kiss and greet-

As soon as we entered Miss Mar-

While my companion was busy

talking to Mrs. Marvin, prompted

by intuition, which has helped me

so often in my work, and as if

drawn by an invisible force, I went

straight to the dresser and pulled

out the upper left drawer and took

out a letter addressed to Miss Adele

Marvin, bearing a recent post-

I opened it. It was in German

and was signed by Dr. Muck. I read

it and as I did a cold chill ran

through my system. The letter sud-

denly made me realize that this

poor young girl had gone too far in

her infatuation, so 'much so that

Muck himself had seen the danger

signals ahead and was advising her

not to be too rash in her demands

on him to visit her at her brother's

Another thing in the letter show-

ed that Dr. Muck had grown some-

what suspicious of her. Below I

quote passages from this letter.

Later on I shall quote from ten or

so of Dr. Muck's letters addressed

to Miss Marvin, but I must make

two very important points very plain: (1) Translations from the

original letters were made by me

and these are the property of the

United States Government and I

have no right to produce them

vin's room her mother sat on the

YOUR KARL.

read it; but it was perhaps still

mind my own business, Jim seemed to dismiss the subject. Nor was it touched upon in spite of all my offorts to revive it next morning until at noon, when Jim 'phoned to ask me to meet him for lunch. This was an event! I made my-

self fine in the black paulette dress

and the blue poppy turban. But I might as well have gone in a flour bag and stove lid as far as Jim was concerned. He had sent for me to hear the justification of Dick West and that was all that interested him. "Now, listen, Anne," said Jim when he had given our order and had settled back with the inevitable cigarette between his fingers, "West gave the order to buy at 31, and a clerk mistook his written figures for 34. Like the good fellow he is West has made up the three hundred out of his own

bought in at 31. What do you think of that?" "I don't know," I said slowly and not half convinced. "I don't know." "Well, here's something more for you to chew on. Terry wasn't sold out at 29, for West insists on buying back the stock. He got it at this morning's opening, 33, and as Terry is listed at 31, West is also out the \$100 for the extra point on

pocket-se Terry's down as having

this new buy. Now are you satis-"I ought to be, I suppose," I replied. Then, seeing Jim's stormcloud face, I waded hastily out of shoal water to solid ground. "Now you'll see to it that Terry gets his profit and Betty gets her trip-

won't you?" "You bet I will!" grinned Jim. Suddenly he leaned over and squeezed my hand. "By heck! That's what was eating you all the time-the fear that Betty'd be done out of her trip. Some little friend you are. Yet I can remember when you were suspicious of Betty. I'll wager you'll like West, too, some day. Look how square he was in this deal-paying up for a clerk's mistake without a whimper. I want you to like West, Anne."

"I'll try," I answered under the compulsion of Jim's eyes. But I wondered if I would ever succeed. (To Be Continued)

S MRS. MARVIN led us upstairs | letters are unprintable, so I shall A to her daughter's room, she have to quote such portions of them as can be printed. turned and said to me, "My Boston, Mass., 9 p. m., March 19, Back Bay Station. Just as we entered Miss Marvin's Tuesday.

Miss Adele Marvin. My darling: Since yesterday I really did not find a moment's inward rest; I rious impulse you have put it in your head that I "must do something for you" in order to prove my love to you; and that this "something" is exactly something that I am not allowed to do if I wish to consider you and your family.

You say today, and you even believe it, of course, that you do not care at all nor does your brother, if your folks have trouble in case I come to the house. And then you must not forget that these curs would no doubt find out at once with their lynx-eyes the one weak spot in our relations, drag it in the open before the public, make it coarse, common, dirty, our friendly rela-

I never heard such remarks; except, perhaps, once that I seem to be very much interested in your artistic development. But you told me yourself that some woman made a fresh remark at the concert in Symphony Hall so loud that you could hear it with your own ears. It is a sad fact, that since the dismissal of the two decent and honorable offi-cials in the local Department of Justice about fourteen days ago and their replacement by Rathommen, my position here is ten times worse than it ever was; and the last scandal in New York has made the whole pack still

more rabid. . On the other hand I am again and again surprised that you are so stubborn in this one point, and that you do not see anything clear; when you are such a clever and sensible head otherwise. And I am asking myself often since yesterday: "Is there some secret motive behind it, which I cannot see, cannot forebode (suspect).

I hope to see tomorrow evening you in the chorus rehearsal. I am so absent minded I really do not know for the moment whether the rehearsal begins at 7 or 7:30. I will have ". 7 or 7:30. I will have ". . ." tele-phone you as to this tomorrow forenoon. The whole chorus and orchestra band must enter via the the stage entrance; you must, of course, not do this. I shall take care that the main entrance will tems'n open for you; and that somebody will wait there for you who will admit you. During the intermission and at the end of the rehearsal (perhaps also before the rehearsal begins) I may find an opportunity to speak to you, to hold your hands and to glance into your eyes. And now. God bless you for to-

day, my beleved darling! Love me ever

Your KARL. The mother sitting a few feet here verbatim. (2) Many of these | away from me asked what the let-

ter was about, and if that was what

I wanted. Poor woman! I made no reply and, putting the letter in

(Another Installment Monday.)

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The Scotch of It.

Sandy and Angus were discussing the merits of their respective regiments, and each was of the opinion that his own particular one was far and away the best. "Why," said Sandy, "when our colonel is dismissing us he says to the officers, 'Fall out, gentlemen!" "That doesn't count for much," said Angus. "If our colonel said that all the regiment would fall out!"

Step Toward Long Life

By Brice Belden, M. D.

ROWING children need protein in the form of milk and eggs; so, also, do muscle workers. Misuse of the proteid foods, particularly meats, has much to do in our modern life with the wrecking

of nerves and lives. The eating of meat does little harm in youth (most damage to youth grows out of excessive sugar consumption). In reasonable quantity, and properly prepared, meat is

well utilized by the growing organism.

Danger comes in the later years. Even in early maturity, if one is inactive, meat eating can be easily overdone. If the digestion is especially good, and the kidneys efficient, meat may do little or no herm. Of course, if one uses his physical forces much, meat eating may be advantageous. The early frontiersmen subsisted largely upon

digest all that is eaten of it, means acid production. The unaccimilated portion decomposes and decays, particularly in the middle-aged and Strength, health, and nervous pose are all furthered, generally

speaking, by the reduction of meat or even its elimination from the dietary. Social efficiency is thus enhanced. Meat eating is largely a habit. and one that is hard to break. If

DRAWN BY C. D. BATCHELOR

> meat must be eaten, fowl and fish are the least objectionable forms. Be wise and resist the lure of toxin-producing and nerve-haraning proteids, thereby conserving your health and insuring longev-

it and "nerves" did not trouble

BOOKS

HEROES OF THE NAVY IN AMERICA By Charles Morris. With Sixteen il-lustrations. Philadelphia: J. B. Lip pincott Company.

This stirring work recounts many daring exploits of our naval heroes all along the line of history from Revolutionary times to our own Admiral Sims and his auperb work in the great war. It is a brilliant record of naval achievement and will quicken the heart of every American as he reads.

The historic Boston tea party; John Paul Jones and the Bo Homme Richard; Lawrence's "Don": give up the ship;" Perry on Lake Erie Farragut lashed to the rigging of the Hartford crying, "Damn the torpedoes," and the exploits of our heroes of the war with Spain recall familiar historical events. These, and many more, less familiar. are here retold. But Mr. Morris has illuminated and enrighed the facts of history by his collection in this book of many hitherts un known details connected with the occurrences. Two chapters are devoted to the work of our naval forces, on sea, under sea, and 'n ite air, during the resert war. It is a readable and fascinating book of history, so pleasantly presented it holds the reader even as action

To Satisfy Conscience. Hawkins and his friend Brown

stood conversing at the corner of a street. Hawkins looked up. clutched his companion by the arm and whispered, "Come, Jim!" and hurried him away. "Creditor of mine," Hawkins explained when they had gone some distances. "It isn't like you to dodge creditors," said Brown. "Well," was the reply. "I have enough in my pocket to pay him, and if he caught me I might do it. Now let's go and have a bottie of champagne, so as I can give him an honest excuse if we should happen to meet him again?"

His View of It.

A footman in the service of a man with a very hasty temper gave notice to leave. "Why do you wish to go?" asked

the employer. "Because, to speak the truth, I cannot bear ; our temper." "To be sure, I am passionate, but my temp r is no sooner on than it

"Yor," replied the servant, but then it is no sooner off the



(Coprigat, 1918, b) the William Symptome was !

Judging From Experience

She: "Little Jack Shows Signs of Becoming a Sailor"